

The Homely Cook



Keep this book for reference.

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NOTE.—For full particulars of Allinson's Wholemeal Flour see end of this book, or write direct to ALLINSON, LTD., 210, Cambridge Road, E.2

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A Homely Talk about Wholemeal Cookery.

I INTEND that this new edition of the "Homely Cook" shall be a really useful cookery book, containing recipes which I know from experience can be made easily and economically, and yet are in every instance most nourishing and delicious.

In all the recipes I use *Wholemeal* Flour, for it is certainly far more *nourishing* than ordinary flour—far more delicious, and quite as easy to use. ALLINSON Wholemeal is the best because it is stone ground by a special process which makes it *perfectly digestible*, and brings out the full crisp flavour of the wheat.

The recipes are divided into two sections. The first section contains directions for baking in the ordinary way with baking-powder and in the second are some recipes in which the only raising agent is yeast, Dr. Allinson holding that baking powder is undesirable.

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SECTION ONE.

CAKES AND PUDDINGS THAT ARE EASY TO MAKE.

THERE are many capable cooks who argue that they just simply cannot "get on" without baking-powder, and they invariably name as their chief reason their inability to spare the time to make light tea scones, plain cakes, and little fancy buns by the slow process involved by using only yeast.

Now, whatever may be said in favour of a moderate use of raising-powder, I am quite sure that every really accomplished cook will agree that a considerable proportion of the cakes, buns and boiled puddings which find their way to the average table are spoiled in flavour and appearance through having had far too much baking-powder put into them. And there can be no doubt whatever that when such powder is used extravagantly it is decidedly injurious to health.

The following recipes have been carefully prepared, and in every case where baking-powder is mentioned the maximum amount of really good powder necessary to the quick-raising of the cakes, scones, buns, and puddings is clearly given. Only high-class baking-powder should be used, as inferior qualities cannot be relied upon to give satisfactory results.

SPLIT CAKES.

Rub two ounces of fat into twelve ounces of wholemeal, add a teaspoonful of baking-powder, a pinch of salt and a grating of nutmeg. Mix thoroughly, then make into a light dough with about a third of a pint of milk.

Roll out to half-inch thickness, square the edges and score off the dough into oblong cakes, about three inches by two inches. Place on a flat sheet and bake for ten minutes in a brisk heat, then remove from the oven, brush over with warm milk well sweetened, return to the oven for another ten minutes. Split open, spread with butter and serve hot.

BROWN SHORTCAKES.

Beat four ounces of castor sugar and four ounces of fat to a cream, then add one fresh egg and beat again very thoroughly. Sift into this mixture a teaspoonful of baking-powder, and a teaspoonful of caraway seeds, then sprinkle in, a little at a time, eight ounces of wholemeal, and mix to a stiff paste, adding a wee drop of milk if necessary to moisten further. Sprinkle the paste-board with meal and roll out the cake-mixture to a thickness of one-third inch. Stamp into rounds with a cutter, and bake in a steady oven until brown at the edges.

LITTLE SWEETHEARTS.

Put three heaped tablespoonfuls of wholemeal into a bowl, sift into it a small teaspoonful of baking-powder, a pinch of salt and a teaspoonful of sugar. Then rub lightly into it two ounces of beef dripping or a mixture of lard and butter, one ounce of each. Mix to a paste with cold water. Roll out thin, and line twelve patty-pans with the paste, and in each patty-pan p'ac: a small teaspoonful of raspberry jam. Then make the following mixture: Cream together one ounce of butter and a tablespoonful of sugar, add a pinch of salt and a well-beaten egg. By degrees, sift in two tablespoonfuls of wholemeal and a saltspoonful of baking-powder, continuing to beat all the time. Place one teaspoonful of this mixture on the top of the jam. Bake for fifteen minutes in a sharp oven.

CHIFFONIER CAKE.

This is a nice homely plain cake for which the following ingredients are required: 12 ozs. wholemeal, 3 ozs. sugar, 3 ozs. clarified dripping or margarine, $1\frac{1}{2}$ teaspoonfuls baking powder, 5 ozs. currants, 2 eggs, $1\frac{1}{2}$ gills milk.

Method.—Mix the baking powder with the meal, then rub the dripping or margarine into meal (the same as if making scones), add currants and mix again. Beat up the two eggs with the milk, dissolve sugar into milk and eggs. Pour milk and eggs into dry mixture and thoroughly mix all together. Place into well greased cake tin and bake in good warm oven about one hour.

BROWN BUTTER CAKES.

These little cakes are deliciously crisp and dainty, and are invariably pronounced to be nicer than any that can be bought from a confectioner. The ingredients are: Three heaped tablespoonfuls of wholemeal, a small teaspoonful of baking-powder, 2 oz. fat, a fresh egg, a heaped tablespoonful of sugar, a teaspoonful of cornflour.

Beat the fat to a cream, shake into it the wholemeal, and mix thoroughly, sprinkle over it the salt, mix again, then shake in the baking-powder and the cornflour, well beat the egg and add to the meal, and mix quickly to a light dough, adding a very little milk if the egg does not sufficiently moisten. Divide into twelve little cakes, leaving them rough. Set them in small patty-pans, lightly greased. Bake for fifteen minutes in a brisk oven.

WHOLEMEAL GINGER CAKE.

The following recipe is very specially recommended for the making of a plain, homely ginger-cake that is sure to be a favourite with children, and is excellent to send away to boys at school.

Take 12 oz. Allinson Wholemeal, $1\frac{1}{2}$ oz. candied peel, two teaspoonfuls of ground ginger, half a teaspoonful of carbonate of soda, half a teaspoonful of salt, 4 oz. fat, a teacupful of golden syrup, 4 oz. Demerara sugar, a

half-teacupful of milk, and one egg. Mix together the flour, peel, ginger and salt. Put the fat, sugar and golden syrup into a delicately clean saucepan, and heat over the fire until all are dissolved; then add to the dry ingredients and mix well. Warm the milk and dissolve the carbonate of soda in it, add to it the egg well beaten, and mix thoroughly; pour into a shallow tin, previously greased, and bake for one hour.

ROCK CAKES.

Ingredients.—6 oz. wholemeal, 1 oz. fat, 1 oz. sugar, essence of lemon, $1\frac{1}{2}$ teaspoonfuls baking-powder, $\frac{1}{4}$ teacupful of milk, pinch of salt.

Method.—Sieve baking-powder, salt and meal together, rub in the fat with the meal, make hole in centre, place sugar and milk into this, mix all thoroughly together into a dough. Fork out pieces on to a greased baking-tin from 12 to 14 pieces, wash over tops with a little milk. Bake in a good sound heat for ten to fifteen minutes.

SCOTCH PARKINS.

Ingredients.— $\frac{1}{4}$ lb. wholemeal, $\frac{1}{4}$ lb. fine oatmeal, 2 oz. lard, $\frac{1}{2}$ teacupful golden syrup, 2 oz. sugar, $\frac{1}{2}$ oz. mixed spice, $\frac{1}{4}$ oz. bicarbonate of soda.

Method.—Mix spice, bicarbonate of soda and meals together. Cream up fat, syrup and sugar, and mix all to a firm dough. Break into about 12 pieces, shape round, flatten tops a little, wash tops with a little milk, place half an almond in centre, place on well-greased baking-sheet with 3-inch space between them. Bake in slow oven twenty-five minutes.

SULTANA SCONES.

Ingredients.—12 oz. wholemeal, 2 oz. butter, 2 levelled tablespoonfuls sugar, 2 heaped teaspoonfuls baking-powder, 1 oz. sultanas, $1\frac{1}{2}$ gills milk, a few drops of vanilla essence.

Method.—Sift baking-powder through the meal. Rub in the butter. Make hole in the meal, sprinkle sultanas

round; place in the milk, essence and sugar, stir well together, then mix into light dough. Pin out to the thickness of half-an-inch, cut into rounds with a cutter or tumbler, place on greased baking sheet, cut into four pieces with a knife, brush over tops with beaten eggs or milk. Bake in good sound heat for fifteen minutes.

BROWN SCONES (Plain).

Ingredients.—1 lb. wholemeal, 4 ozs. butter, 2 gills milk, 2 teaspoonfuls baking-powder, pinch of salt, sugar to taste.

Method.—Rub butter into flour, add salt, baking-powder, sugar, mix with milk. Roll out to half-inch thick, cut with round cutter, put on greased baking-tin, and bake in quick oven until nicely browned.

BISCUITS.

Ingredients.— $\frac{3}{4}$ lb. meal, 3 oz. fat, 1 oz. syrup or honey, 1 egg pinch of salt, saltspoonful of baking-powder, 1 gill of milk.

Method.—Mix baking-powder in the meal. Rub fat finely through meal, make a well, place sugar and salt into it. Beat up egg with the milk, add a few drops of vanilla essence. Mix into a fairly firm dough. Pin out to the thickness of a penny, cut into fancy shapes, place on wire or slightly greased tin. Bake in a sound heat for ten minutes

QUEEN CAKES.

Ingredients.—6 oz. wholemeal, 2 oz. sugar, $1\frac{1}{2}$ oz. lard, 1 tablespoonful golden syrup, $\frac{1}{4}$ pint milk, 1 egg, few drops essence vanilla or lemon, 1 heaped teaspoonful baking-powder, a few currants if desired

Method.—Rub lard finely into the meal, add baking-powder, beat up egg, milk and syrup, dissolve sugar in liquid. Add essence. Mix to a smooth batter, place a dessert-spoonful in small fluted patty-pans well greased. Bake in sharp oven ten minutes.

SECTION TWO.

HOME BREAD MAKING MADE EASY.

THE ingredients for our first little batch of bread shall be :—

Three and a half pounds wholemeal, 2 pints water, or milk and water in equal parts, registered at a temperature of 100 degrees in winter, 90 degrees summer, two teaspoonfuls of salt, $1\frac{1}{4}$ oz. of compressed yeast.

Put your flour into a large mixing-bowl, and make a little pit in the middle of it, leaving a thick layer of flour at the bottom of the pit. Dissolve the yeast in a little of the water, add 1 teaspoonful of sugar, pour it into the bay, sprinkling some of the dry flour over the top of the yeast. Dissolve the salt in the remainder of the water, and pour this, also, a little at a time, into the wholemeal, kneading thoroughly and gradually blending the whole mass into an even dough. Cover the dough with a clean cloth and set the pan on a chair conveniently near to the kitchen fire, and leave it alone for one-and-a-quarter hours. Then give it two or three minutes, quick kneading and leave it for thirty minutes more. Have your tins slightly warmed and greased, divide up the dough into three or four pieces, arranging that each tin shall be quite half filled with dough. Set the tins on the rack above the range, cover them over, and leave them for twenty-five minutes ; then bake in a steady heat for one hour.

SALLY LUNNS.

First make a "ferment," the ingredients for which are :— $\frac{1}{4}$ pint water, $\frac{1}{4}$ pint milk, $\frac{1}{2}$ oz. yeast, a little sugar, 3 oz. wholemeal, one fresh egg.

Warm the milk and water to a temperature of 105 degrees, dissolve the sugar and yeast in the warmed milk, beat the egg and add it, then stir in the meal. Cover with a cloth, stand the ferment in a warm place,

and leave it for three-quarters of an hour, by which time it will have risen, and will have begun to drop again.

Now have ready the following ingredients:—14 oz. wholemeal, 2 oz. butter, 2½ oz. sugar, and a pinch of salt.

Make a bay of the meal and melt the butter to oil. Next add the salt and sugar to the ferment and continue stirring until it is dissolved, then add the melted butter, pour all into the bay and mix thoroughly until you have a perfectly smooth dough.

Cover the pan with a cloth and leave the dough in a warm place for forty-five minutes, then knead again and leave for half-an-hour longer. Then cut up into portions weighing 8 oz., mould into rounds, place in 1 lb. size cake hoops, make a hole in the centre of each Sally Lunn, keep warm and covered over for twenty-five minutes, and then brush over with beaten egg or sugar and water and bake in a steady oven for twenty-five minutes.

DAINTY TEA-BUNS.

The dough which has been so fully described above will serve admirably for several other kinds of cakes.

Delightful little tea-buns are made by adding ¼ lb. of best quality currants, carefully washed, picked and dried, to the above quantity of wholemeal, and again, a generous grating of nutmeg is considered by many people to be a great improvement.

Buns look much more dainty when they are made quite tiny; say about the size of the top of a wineglass.

GINGER PUDDING.

Six oz. of bread-crumbs, prepared from Allinson Wholemeal bread, 3 oz. butter, a saltspoonful of ground ginger, the juice of a lemon, and 4 oz. castor sugar. Place all these ingredients in a stewpan and stir until the butter is melted; then turn back into a mixing bowl. Separate the yolks from the whites of two eggs and beat the yolks into the bread-crumbs mixture. Add to this 2 oz. preserved ginger, chopped rather small. Beat all well

together, and set aside to cool. Whisk the whites of the eggs to a stiff froth and then stir quickly into the pudding. Place mixture into buttered basin leaving sufficient room for pudding to swell, cover with buttered paper and a pudding cloth and steam for 3 hours. Serve with cream or custard sauce.

EXCELLENT SHORT CRUST.

Just what is needed for wholesome and delicious pies, tarts, Eccles cakes, Banbury cakes, cheese cakes, and queen's pudding, is made as follows:—

Ingredients.—1 lb. wholemeal, 6 oz. butter, a pinch of salt.

Method.—Put the meal in a shallow mixing-bowl, mix the salt with it, and rub in the butter not too thoroughly. Stir quickly and lightly to a stiff paste with cold water, using a knife for the purpose. Sprinkle the pastry-board with wholemeal, roll out the pastry to a thickness of one-third of an inch, and cut to the desired shape.

YORKSHIRE PUDDING.

Ingredients.—4 oz. wholemeal, 2 eggs, $\frac{1}{2}$ pint milk, salt to taste.

Method.—Put wholemeal into a basin, make hole in centre, add salt, break in eggs and pour in a little of the milk. Now beat up, adding gradually the remainder of the milk and wholemeal from the sides of the basin, taking care not to get lumpy. Beat the whole lightly for two or three minutes, lastly adding about two tablespoonfuls of cold water. The mixture is now ready. Put into a shallow pudding tin a liberal quantity of good beef dripping made hot—preferably taken from cooking joint of beef—say, quarter inch drop of liquid hot dripping. Pour batter into the hot liquid dripping. Bake in a moderately hot oven about thirty minutes on low shelf. Do not have the pudding too thick in the tin. When pudding is crisp at the underside, turn it over to allow both sides to crisp. Serve immediately with gravy. If allowed to wait it quickly spoils.

APPLE YORKSHIRE.

This is a very dainty and appetising variation of the savoury Yorkshire pudding. Pare, core and slice four large cooking apples, arrange them at the bottom of a shallow greased dish; sprinkle with sugar sufficient to sweeten to taste; pour the batter over the fruit and cook in a fairly brisk oven for an hour. Dust with castor sugar before serving.

BAKED WHOLEMEAL CUSTARD.

A very dainty pudding, particularly suitable for invalids, is made thus:—Mix two tablespoonfuls of wholemeal with three tablespoonfuls of milk taken from a full pint, add to it a tablespoonful of sugar, a teaspoonful of grated lemon rind, a fresh egg well beaten, and a pinch of salt. Bring the remainder of the milk to the boil, and pour it scalding hot over the wholemeal, stirring all the time. Return the mixture to the saucepan, and boil gently for eight minutes, constantly stirring. Pour the custard into a greased pie-dish, set tiny bits of butter all over the top, stand the dish in a baking-tin with boiling water to reach half-way up the sides of the dish, and bake for fifteen minutes in a sharp oven, by which time the custard should be delicately browned.

MILK OR WATER BISCUITS.

Ingredients.— $\frac{1}{2}$ lb. meal, $1\frac{1}{2}$ oz. fat, 1 egg, pinch of salt, $\frac{1}{2}$ gill of milk or water (sufficient).

Method.—Rub fat finely through meal, make a well, place salt in it. Beat up egg in the milk (if for Milk biscuits), in the water if Water biscuits. Make into a stiff dough. Pin out to the thickness of a penny for Milk biscuits, cut out round, prick with knitting needle. Bake in hot oven from ten to fifteen minutes. Water Biscuits—pin out dough very thin, prick with needle all over dough, cut out round with cutter, bake in very hot oven.

WHOLEMEAL PORRIDGE.

Ingredients.—4 oz. wholemeal, 1 pint water, pinch of salt.

Method.—Use a little of the cold water, and make wholemeal into a thin batter. Boil remainder of water and pour on to the batter, stirring well all the time. Pour into a pan and boil to thicken, stirring frequently. Allow to simmer not less than twenty minutes to half-an-hour. Serve with sugar, treacle, cold or hot milk. Cream, of course, is delicious. This can be prepared the day before and warmed up next morning. A proper porringer is much better than an ordinary pan.

Alternative method.—Pour boiling water slowly on to the dry meal, stirring all the time (great care must be taken or it will be lumpy). Pour into pan and proceed as before

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